



**SENIOR HAPPY'NINGS**  
**NOVEMBER/DECEMBER 2017**  
**SCITUATE COA**  
**27 BROOK ST**  
**SCITUATE, MA 02066**  
**781-545-8722**



## Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

### COA STAFF

**Director** - Linda Hayes, x15  
 lhayes@scituatema.gov

**Administrative Assistant**  
 Jill Johnston, x10  
 jjohnston@scituatema.gov

**Transportation Coordinator**  
 Jean Sullivan, x17  
 jean.sullivan@scituatema.gov

**Van Drivers:** Mary Brown,  
 Jay Brien, John White,  
 Jim Keeley

**Outreach Coordinator**  
 Jenny Gerbis, x14  
 jgerbis@scituatema.gov

**Activities & Volunteer Coordinator**  
 Lisa Thornton, x12  
 lthornton@scituatema.gov

**Manager of Social Services**  
 Laura Minier  
 lminier@scituatema.gov  
 781-378-1653

### COA BOARD

John D. Miller, Chair  
 Dr. Gordon Price, Vice  
 Janice Lindblom, Secretary  
 Caitlyn Coyle,  
 Lucille Sorrentino,  
 Helen Jablonski,  
 Leslie James, Henry Yeh,  
 Janice Desmond

**Selectman Liaison**  
 John Danehey

### SENIOR CENTER

#### Hours of Operation:

**Monday - Thursday**  
**8:30 AM - 4:30 PM**

**Friday 8:30AM - 3:00PM**

*From the*

*Director*—Having just

*The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness. – Galatians 5:22*

attended the annual Massachusetts Councils on Aging Conference, it prompted me to want you to know how diligently our staff at the Senior Center work to keep up with what is happening in our field, through government agencies, the many providers of programs and services to seniors, and from other COAs. This conference is the primary way that we do this, but there are trainings, meetings, workshops and presentations throughout the year that keep us informed and give us ideas for generating new and valuable programs and accessing services and benefits for our population. We heard much this week that was meaningful and positive—First, Governor Baker recognizes and is invested in the major focus areas of stakeholders, including increased transportation options, more affordable housing, reducing loneliness and isolation, combatting Ageism, continuing healthy aging programs, easing the economic burden seniors face, addressing mental health, and finally to supporting the work that is done through local Senior Centers. Also, Jim Firman, Executive Director of the National Council Of Aging, named 4 Elephants in the room: *Fear of Aging* and the need to acknowledge but also to ‘reframe’ aging in our society to alleviate those fears; *Unrealistic Hopes* and the importance of ‘Maintenance and Repair’ of our bodies and minds throughout our lives so we are able to enjoy the ‘classic car’ for years to come; *Lack of Institutions*, as compared with the many provisions made for our children as they move through different phases of their lives – what do we provide for older adults as they transition into different stages and ages and need services and the support of community (I can think of one – of course your local Senior Center); and lastly, *Ageism*, the attitudes of younger generations toward elders but also of seniors themselves manifesting a lack of expectation and diminished value – we have to redefine our roles and responsibilities as we age and reflect the respect for ourselves and the value that we can bring to the community, to society – how DO we want to give back and spend our increased longevity. Very lofty thoughts but on point, and all of which contribute to the significance of our Senior Centers as the hub of our community for older adults and for connecting seniors with each other and the entire community. Our time has come!

♥ Linda

### Holiday Party-Tuesday, December 19

1:00-2:30pm @ The Senior Center  
 Festive Food; Piano entertainment by  
 Lynda Chuckran—Name that Holiday  
 Tune, Prizes, Special Holiday Dessert  
 from The Allerton House.  
 Please RSVP; Cost \$4

### Sand Buckets...for Safety

Sand Buckets available for seniors who would use them for winter doorway and walkway maintenance. Students will fill with sand and bring to your door! Call the Senior Center if interested in a COA bucket. The student Interact Club is sponsored by the Scituate Rotary Club.

## **Trips —live & learn!**

### **COA VAN TRIPS - PAYMENT IS DUE at SIGN UP**

**Fri, Nov 3: Annual Boston Christmas Festival.** Depart COA @ 9:45am, Return to Scituate @ 4:30pm, \$17 includes admission & van ride. Lunch on own.

**Wed, Nov 15: Wrentham Outlets Shopping,** Depart COA @ 9:30am Return to Scituate 3:00pm \$5 van ride

**Tues, Nov 21: South Shore Vocational Tech, Brass Lantern Bakery—PIE DAY** Bring your wallet and bring home some pies for the holiday! Depart COA @ 9:15am. Return to Scituate 11:30am \$3 van ride.



**Tues, Nov 28: "Blue Tuesday" Concert,** South Shore Conservatory—Ellison Center for the Arts. 11am concert. Depart COA @ 9:45am. Free Concert. \$3 van ride.

**Thurs, Nov 30: Boston Symphony Orchestra Rehearsal—VAN SOLD OUT!**

**Wed, Dec 6: Christmas at the Newport Mansions—**The Breakers & Marble House. Depart COA @ 8:15am. Return to Scituate approx. 4:15pm. \$30 includes 2 mansion tour ticket, audio tour and van ride. Lunch reservation, pay own lunch

**Tues, Dec 12: Holiday Favorites Concert,** South Shore Conservatory—Ellison Center for the Arts. 11am concert. Depart COA @ 9:45am. Free Concert. \$3 van ride.

**Wed, Dec 20: SPA DAY @ South Shore VoTech, Salon Beverly.** Pick services from, nails, skin or hair. Max of 10. Cost of service chosen—prices are very reasonable. \$3 van ride. Estimated departure time from COA @ 8:30am.

**Sunday, Jan 21: Robert Frost: Light & Dark @** First Parish Hall, next to The James Library, Norwell. Depart COA @ 2:10pm for 3pm event. \$20 ticket, \$3 van ride. Some reduced rate tickets available—first come first serve. Call to reserve.

ATTENTION ALL TICKETED ACTIVITIES and TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list. Often times, we are able to offer a trip to people on the waitlist. Any cancellations should be made as soon as possible, so that people on the waitlist have ample time to plan. **PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST.**

## **Transportation —local & out-of-town**

**10 Ride Pass for \$10.00 = \$1.00 each way**

**Cash = \$1.25 each way/ \$2.50 round trip**

**Out of Town = \$5.00 EACH WAY**

**Monthly Donation \$25.00 includes Local and Out of Town**

### **Transportation Coordinator**

**Jean Sullivan** will schedule your requests for COA van transportation in Scituate or Out-of-Town Medical Rides and any questions about rides at 781-545-8722, ext. 17

**Out-of-town Medical Rides require 5 days notice. Appointments must be between 10:30AM and end by 1:15 PM.**

**Later appointments, ending after 1:15PM—Return ride can be as late as 5:00 PM.**

*We schedule these rides through South Shore Community Action Council, which is a separate service and requires coordination of their drivers and vans from Plymouth. Cost is \$5.00 each way to be sent to the COA- Transportation.*

**Local Rides within Scituate require at least 2 days notice. Medical Rides should be Monday, Wednesday or Friday between 8:30 AM. - 3:00 PM.** *Local rides include appointments to doctors, the Senior Center for activities, the library, shopping, hair dresser, etc. Our van runs on a schedule during Council on Aging hours.*

**We have regular van trips to the following locations with at least 2 days advance sign-ups, with the cost being the same as the local rides.**

### **TUESDAYS**

**SHAWS SUPERMARKET - 9:00 – 9:45 AM**

### **WEDNESDAYS**

**HANOVER MALL / TRADER JOES - 10:00 – 11:30 AM**  
**(2nd & 4th Wednesday of the month)**

### **THURSDAYS**

**SCITUATE HARBOR - 9:00 - 10:00 AM**  
**CONGREGATIONAL CHURCH LUNCH—12:00 – 1:00PM**

### **VOLUNTEER DRIVERS** **NEEDED –**

***Drivers needed occasionally to escort some of our seniors to and from doctor appointments. If you can help us, please call Jean at 781-545-8722 x17.***



### **Discount Senior** **MBTA Cards**

can be applied for or renewed by mail (or e-mail) with a new photo—call Jill, x10. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

**When making medical appointments, we will need your appointment date, time, doctor's name, address and telephone number.** Please advise the doctor's office that the Council on Aging will be providing your transportation. When possible, please try to determine the length of your appointment for scheduling the return trip.

## Programs, Special Events, Speakers

**Call 781-545-8722**

**to register**

### *M o r n i n g C a f é T a l k s*

Information, social opportunity, and refreshments.



#### **Wed, Nov 8 @ 10:30 AM** **Open Enrollment Information Session**

**SHINE Counselor Norman Tetreault and Outreach Coordinator Jenny Gerbis will present an overview of Part D and Medicare Advantage plans available in 2018. Jenny and Norman will answer questions about your options for 2018.**

When you come to the presentation, bring a list of your meds and fill out the SHINE pre-enrollment forms. Then, we can do a Part D search, advise you on your choices for 2018 and help you find the most cost-effective options for 2018.

#### **Tues, Nov 14 @ 3:30 PM** **Photographer— Greg Lessard RETURNS!** **“Acadia National Park”**

Greg Lessard is a landscape artist with a passion for capturing profound moments in nature. Largely a self-taught photographer, Greg picked up a camera in his early twenties with the simple hope of sharing his discoveries with others. Through years of dedication and devotion to his craft, Greg has become an artist with a unique vision and talent. He is able to engage the viewer and evoke powerful emotional responses with his art. Join us to view beautifully photographed images and many unique stories from Greg's travels.

#### **Wed, Nov 15 @ 10:30 AM** **Margaret Crawford, Hospice Nurse**

Margaret Crawford, author of *Hospice Nursing: An Intimate Guide*, has been a nurse for nearly thirty years, ten of which was in hospice care. She will join us to share with you the many benefits and rewards of hospice care and her experiences and help to dispel the negative myths and fears about hospice, as well as explain who qualifies for hospice, average length of patient care; medicines used for comfort, specifically morphine; and what people can expect from their hospice team. All questions welcome. We are very pleased to have this sensitive topic presented.

Refreshments served.

#### **Wed, Nov 29 @ 10:30 AM**

#### **Reverse Mortgage with Sue Grunwald** **Information/Q&A**

The Reverse Mortgage is not what you think! Be educated about options. Join us to find out what this benefit is all about and if it might be right for you.

#### **Fri, Dec 1 @ Noon**

#### **"Refresh, Renew your Home and You"** **Sandy Murphy, Classic Design**

*Timeless, Understated, Elegant* is what Sandy thinks about in her designs. She focuses on assisting homeowners on shopping smart, getting the best value, and not making costly mistakes.

#### **Wed, Dec 6 @ 10:30 AM**

#### **“The Age Wave”**

#### **Kim Bennett, LSW from Visiting Angels**

How do you become Boomer Ready?

What will it mean for the rest of us!

What are and will be the impact upon the care systems in place – health, home care, state and local assistance?

What is the impact on families and the communities we live in? Learn surprising facts about coming “Age Wave”- good & bad.

#### **Mon, Dec 11 @ 10:00am**

#### **Author Marie Fricker**

We are pleased to have Scituate resident and 8-year brain tumor survivor and author of a new book *All in My*

*Head – How a Hypochondriac Beat Brain Cancer* here to talk about her story of survival against the odds and share her fear, hope and perseverance throughout her ordeal. Don't miss this inspiring story—a true Christmas gift!

#### **Wed, Dec 13 @ 10:30 AM**

#### **Registry of Deeds, Homestead Act**

#### **John J. Buckley, Jr., Plymouth County Register of Deeds**

Internet ready computers—so we can accept a Homestead filing or other documents for recording.



### **New DAY! TUESDAY MEN'S BREAKFAST**

**Please Call to RSVP @ 781-545-8722**



**MEN'S GROUP**

**9:00AM, November 7 — Karen Canfield, Scituate Selectman**—will be joining us to talk about local issues and what is being done or considered on the horizon. She will also be happy to talk about the proposal of a new Senior Center and is looking forward to answering your questions. Don't miss this opportunity to meet our newest Selectman. She wants to meet you! A full breakfast will be served at The North River Grille @ Widow's Walk Golf Pub. \$8/pp. Come and connect – socializing is a key to good health, as well as a delicious breakfast!

**9:00AM, December 5 — Police Chief Mike Stewart** will join for breakfast and to talk about how the department is enjoying their new building as well as update you on initiatives, including their hard work to combat the opioid problem here in Scituate. A full breakfast will be served at The North River Grille @ Widow's Walk Golf Pub. \$8/pp. Come and connect—socializing is a key to good health, as well as a delicious breakfast!



## Once a Month ... Support and Services

### CAREGIVER SUPPORT GROUP (DAYTIME)

COA Support Group held in **SCITUATE**

**3rd Wednesday** at 12:00-1:00 PM for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services—Town of Scituate and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier 781-378-1653

### OTHER AREA SUPPORT GROUPS—MONTHLY

#### EVENING CAREGIVER DISCUSSION GROUPS

⇒ **First Wednesday** at 6:00-7:30 PM at Sunrise of Cohasset, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.

⇒ **First Thursday** at 6:00 PM at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

#### DAYTIME CAREGIVER DISCUSSION GROUPS

⇒ **First Tuesday** at 2:00-3:00pm at Duxbury Senior Center, 10 Mayflower St, **Duxbury**. Donna Ciappina, LSW 781-934-5774 x5730

⇒ **Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

#### VISION SUPPORT GROUP

⇒ **Third Monday** at 10:00 AM @ **Hingham** Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.** Call the Senior Center for more support group information.

### BLOOD PRESSURE CHECK! **3rd Wednesday**

Town nurse, Eileen Scotti

@ the Senior Center monthly on Wed- 10:30-11:30 AM.

BP screening, B12 shots with prescription and can answer health questions—no appointment or co-pay!

#### FREE HEALTH SCREENING CLINICS: **Wed- 10:00 AM**

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; 5th WEEK =-Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

### PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8722 ext. 10 for any of these professionals

#### **LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS**

**2nd Friday**

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy (ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11am

#### **ASK A LAWYER**

**3rd Friday**

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

**Call 781-545-8722 for a morning appointment.**

#### **MEET YOUR SENATOR**

**3rd Thursday**

Sen. Patrick O'Connor

**10:30-11:30AM**

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee – you bring the talk!

#### **MEET YOUR REPRESENTATIVE** **4th Friday**

**Rep. Jim Cantwell** meets at the Senior Center each month. If you have questions or concerns to discuss, *please call to confirm the next date and schedule an appointment.* Meetings— approx. 30 mins.

#### **FINANCIAL SERVICES**

**1st Monday**

*Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate offices.*

**Lori Shea**, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

**Call for an appt.**

**Adrienne Rowles**, Financial Advisor and Vice

*President of The Woerdeman Financial Group.*

If you are looking for predictable income and safety of your investments, she is available for a FREE 30 minute appt.

#### **DISCUSSION GROUP - “Women, Men & Wall Street”**

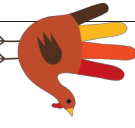
Suspended. Please call Senior Center if interested.

**Do you need a SAND BUCKET for Winter Walkway Safety?  
Call the Senior Center to have one delivered to you.**

# December 2017

Mon	Tue	Wed	Thu	Fri
<b>Annual Scituate Police Association's Senior Luncheon</b> <b>Saturday, DECEMBER 9 @ 12:00 noon, Congregational Church</b> Transportation provided by COA with reservations. Fabulous meal served by our law enforcement men, women and families. Christmas Caroling with the Girl Scouts! Please make reservations through the Senior Center at 781-545-8722. Questions can also go to Sargeant Gilmartin at 781-545-1212.				
4 8:30 Yoga 9:45 Chair Yoga 11:15 Balance for Life 4:00 Pickleball 4:00 Art Class	5 9:00 Men's Breakfast 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 10:30 Garden Club 1:00 Scrabble 1:30 Tai Chi	6 8:15 Newport Mansions 8:30 Yoga - 9:15 Zumba 9:45 Men's Yoga 10:30 Café Talk- "Age Wave" 12:30 Balance for Life 1:00 Bob Jackman 3:00 Quilting 4:00 Pickleball	7 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	8 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flix
11 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:00 Café Book Talk- Author, Marie Perle 11:15 Balance for Life 4:00 Pickleball	12 9:00 Cardio 9:00 Shaws 9:00 Men's Breakfast 9:45 Christmas Concert 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	13 8:30 Yoga 9:00 Mall 9:15 Zumba 9:45 Men's Yoga 10:30 Café- Registry of Deeds 12:30 Balance for Life 1:00 Bob Jackman 3:00 Tech Time 4p Pickleball / 6p Badminton	14 10:30 Multigenerational Yoga 11:15 Balance for Life 1:00 Knitting 5:30 COA Board Meeting	15 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga
18 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 4:00 Pickleball	19 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Holiday Party 1:30 Tai Chi	20 8:30 Yoga 8:30 Spa Day 9:15 Zumba 9:45 Men's Yoga 12:00 Caregivers Support 12:30 Balance for Life 1:00 Bob Jackman 4:00 Pickleball	21 11:15 Balance for Life 1:00 Knitting	22 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flix
25 Holiday	26 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	27 8:30 Yoga 9:00 Mall 9:15 Zumba 9:45 Mens Yoga 12:30 Balance for Life	28 11:15 Balance for Life 1:00 Knitting	29 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga

# November 2017

Mon	Tue	Wed	Thu	Fri
<b>For your information—Legislative Breakfast with local and regional public officials, including Jim Cantwell and Patrick O'Connor at Marshfield Senior Center along with Marshfield, Duxbury and Kingston Councils on Aging. Friday, November 17 at 9:00 AM. Reservations required for those interested.</b>				
<b>6</b> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	<b>7</b> 9:00 Men's Breakfast 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 10:30 Garden Club 1:00 Scrabble 1:30 Tai Chi	<b>1</b> 8:30 Yoga 9:15 Zumba 9:45 Men's Yoga 12:30 Balance for Life 3:00 Quilting 4:00 Pickleball 6:00 Badminton	<b>2</b> 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	<b>3</b> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 9:45 Christmas Festival – Boston 12:00 Friday Flix
<b>13</b> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Book Club 11:15 Balance for Life 4:00 Pickleball 12:30 Art Class	<b>14</b> 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi 3:30 Café Talk– Photography	<b>15</b> 8:30 Yoga 9:15 Zumba 9:30 Wrentham Outlets 9:45 Men's Yoga 10:30 Café Talk—Hospice Nurse 12:00 Caregivers Support 12:30 Balance for Life 1:00 Bob Jackman 4:00 Pickleball 6:00 Badminton	<b>16</b> 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	<b>17</b> 8:30 Yoga 9:00 Legislative Breakfast @ Marshfield Senior Center 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flix 1:30 Intergenerational Pickleball Games
<b>20</b> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	<b>21</b> 9:15 Pie Day-So Shore Vo Tech 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	<b>22</b> 8:30 Yoga 9:00 Mail 9:15 Zumba 9:45 Men's Yoga 12:30 Balance for Life	<b>23</b> Holiday Happy Thanksgiving!	<b>24</b> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga
<b>27</b> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Book Club 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	<b>28</b> 9:00 Cardio 9:00 Shaws 9:45 'Blues Tuesday' Concert 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	<b>29</b> 9:15 Zumba 9:45 Mens Yoga 12:30 Balance for Life 1:00 Bob Jackman 4:00 Pickleball 6:00 Badminton	<b>30</b> 8:00am BSO Rehearsal Concert 9:30 AMP 11:15 Balance for Life 1:00 Knitting 4:00 Art Class	Let our lives be full of both THANKS and GIVING!  Happy Holidays from your staff at the Senior Center.

## Social Services & Outreach

Did you know we offer a **Friendly Visitor Program**? If you are interested in being a visitor or you would like to receive a social visit one hour/week, please call Jenny or Lisa at 545-8722 to learn more details.

Van transportation is available by calling the Senior Center at 781-545-8722. 48hrs ahead



### **MONDAY, WEDNESDAY & FRIDAY**

**12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd;** \$3 sponsored by South Shore Elder Services.

**Meals on Wheels** program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

**THURSDAY, 12 NOON @ Congregational Church, 381 Country Way.** This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations.

Monthly Community Dinner No Reservations

**4th SUNDAY, 5PM @ St. Luke's Episcopal Church,** This is a free, community dinner for all ages sponsored by various community groups..

### **TUESDAYS @ HOUSING AUTHORITY ~**

**Jenny Gerbis, Outreach Coordinator** at the Senior Center spends 30-minutes every month at each of the Housing locations in their Common Room.

Stop by to say “hello” and see what information is available to you, or just have a chat.

#### **November**

Nov 7 10:30AM at Lincoln

Nov 14 10:30AM at Central

Nov 21 10:30AM at Wheeler I, 11:00AM Wheeler II

#### **December**

Dec 5 10:30AM at Lincoln

Dec 12 10:30AM at Central

Dec 19 10:30AM at Wheeler I, 11:00AM Wheeler II

### **SHINE—by APPOINTMENT**

#### **Serving the Health Information Needs of Everyone**

Call for an appt. with SHINE Counselor, Norman Tetreault, volunteer at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an available time on the following dates. **NO PART D DRUG SEARCH APPTS.**

**November:** 11/2, 11/7, 11/16, 11/21, 11/30

**December:** 12/7, 12/14

### **Part D Open Enrollment Started October 15<sup>th</sup>**

This is the time of year when you, as Medicare beneficiaries, should review your Part D prescription plans or your Medicare Advantage plans (HMO's or PPO's) to ensure that they meet your needs for 2018. You need to check that you will have the coverage you need for 2018 **at the lowest available cost.**

#### **Wednesday, November 8 at 10:30 AM**

**SHINE Counselor Norman Tetreault and Outreach Coordinator Jenny Gerbis will present an overview of Part D and Medicare Advantage plans available in 2018. Jenny and Norman will answer questions about your options for 2018.**

When you come to the presentation, bring a list of your meds and fill out the SHINE pre-enrollment forms. Then, we can do a Part D search, advise you on your choices for 2018 and help you find the most cost-effective options for 2018.

If you are interested in attending please call the Council on Aging at 1-781-545-8722 or stop at the reception desk and register.

PLEASE BE ADVISED:

For the period October 15 - December 7

There are **NO** one-on-one appts to discuss Part D plans – there are not enough appt. hours available.

### **Did you know that 40 percent of the 40 million Americans caring for a loved one are male?**

While many of the stressors of caregiving are ubiquitous, men can experience unique challenges as caregivers and are often less likely to seek help when things inevitably become overwhelming. The Scituate Council on Aging is interested in offering a monthly Caregiver Support Group specifically for men.

If you would consider participating in this group, please contact Laura Minier, Manager of Social Services, at 781-378-1653.

### **Fuel Assistance**

#### **2017-2018**

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun, and will run until April 30 2018. The program is open to the community and the Council on Aging is the agent for the town of Scituate. Call Jenny at 545-8722, x14 for an appointment.



## Age Well at the Senior Center—fun & learning!



### "FRIDAY FLIX" @ Noon - FREE!

Comfortable viewing; closed caption & popcorn!  
65" FLAT SCREEN TV & SURROUND SOUND

Nov 3: **Going In Style**, PG-13, 1hr, 36min, Comedy/Crime

Nov 17: **Jackie, R**, 1hr, 40min, Biography/History

Dec 1: **The Light Between Oceans** PG-13, 2hr, 13min  
Drama/Romance

Dec 15: **A Dog's Purpose**, PG, 1hr 40min, Adventure/  
Comedy/Drama

### GARDEN THERAPY

Tuesdays @ 10:30

November 7 —Harvest

December 5 - Boxwood Trees



Scituate Garden Club members will provide ideas, materials and instruction for creating a beautiful seasonal arrangement! Space limited! **Call to register!**

### Lifelong Learning Class

Wednesdays 1—2:30pm

Tuition \$20

Nov 8 – Dec 20

**Six Crafts and The Wares Produced in Early Scituate** w/ Bob Jackman will weave together the story of American antiques with the history of the craftsmen who created the items. In telling this story of American antiques, a concerted effort will be made to identify local Scituate craftsmen who worked in these crafts from the 17th to 19th centuries. The specific crafts focused on will be coopers who hand crafted barrels, boxes, and other wooden ware; sailor-crafted items made aboard ship such as scrimshaw, carvings, and tools; blacksmiths who hand crafted practical and artistic items from iron; wood turners who used lathes to produce Windsor chairs, balusters, and other wooden items; tinsmiths who crafted items from sheet metal often referred to as toleware; cabinetmakers who produced freestanding & built in furniture.



COA Book Club

Monthly on Monday

New members always welcome!

November 27 **The Light Between Oceans** by M.L.

Stedman (Don't miss the movie showing - Dec 1st

@ Noon)

December 11 Guest author coming to the speak

January 29 **Still Life** by Louise Perry

February 26 **In a Dark Dark Wood** by Ruth Ware

**Don't forget to put a new book on your holiday wish list!**

### EXPRESSIVE WRITING

Thurs. 11:30—12:30pm

Continues—Drop in!

Session ends Nov 16

Our facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. We don't care about grammar or writing experience. We just care about what you have to say! *Connection and expression!* No fee.

### Dine Out

Wednesday, Nov 8 @ 5:00pm

**MIA REGAZZA (Marshfield)**

Set Menu— Choice of Eggplant Parmesan, Grilled Chicken or Broiled Haddock. Includes salad, coffee/tea, dessert, tax & gratuity. \$24 payable in advance to senior center. Cash preferred. \$2 for van ride.

Wednesday, Dec 13 @ 5:00pm

**RUSTIC KITCHEN (Derby St, Hingham) \$2 van ride**

There will be time for some shopping after dinner!

Call the Senior Center @ 545-8722 for reservation. Van available.



### "Scituate Stitchers"

QUILTING GROUP

Wednesdays

3:00-4:30pm

Meeting Dates— Nov 1, Dec 6, Jan 3, Feb 7, Mar 7, Apr 4, May 2, Jun 6

Join other quilters, experienced and beginners. Bring a project or start a new one. This group may plan a trip to purchase fabric for your next project.

Drop in or call to sign up 545-8722



### PAINTING CLASSES

Monday 12:30-3:30pm

Thursday 4:00-7:00pm

#### Ongoing @ Senior Center

\$10 class

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available. Call for details @ 545-8722; No class on 2nd Thursday of the month.*

*Monday class ends on December 4. Thursday class ends on December 7. Classes resume in January.*



### TECH TIME

Wed. 3:00-4:00pm

w/ Scituate High School students

**Sign up** to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club is a service-oriented club for SHS students in grades 9-12, experienced and ready to help you adapt to our new technology! **Nov 8, Dec 13**

### Seniors CONNECT

Begins December

New Program for Aging Mastery Participants & Graduates!

10-week Program for learning to use Apple iPad. Receive classroom training and 1-on-1 support with high school student mentor. Work with mentor to customize iPad experience for own interests, health and wellness needs. Program provided through a grant from the Scituate Education Foundation

If interested, please call for start date, as well as day and time for classroom training. Limited spots available. **Sign up NOW!**


Please call Linda, x15 if interested.



## Body & Brain Health at the Senior Center—fun & fitness!

<b>Dance Classes with Vivienne Leonard</b> <b>Location TBA</b> Jazz & Tap classes with long time Scituate Instructor. <b>Mondays 6:15-7:15pm</b> —JAZZ DANCE for Exercise and Enjoyment <b>Tuesdays 6:15-7:30pm</b> - Tap for Fun and Fitness - "Advanced Beginner" through Intermediate <b>Wednesdays 6:00-7:30pm</b> - Tap for Fun and Fitness—"Advanced" Advanced (must be able to do triple time step) <u>Call 545-8722 for location and class fees</u>	<b>MULTI GENERATIONAL Yoga 2nd Thursdays @ 10:30am</b> Join us for this lighthearted introductory yoga class with no age boundaries. From preschoolers to seniors we will stretch, practice balance and use breath work at various levels. Youngest ones will fly like airplanes while others may use a chair for support. We all become ageless for a few minutes during meditation. Afterwards enjoy some social time making new friends from all generations. <b>FREE!</b> Generously funded by the <b>Scituate Education Foundation</b> . Led by Kim Spires. This group will meet once per month for 6 months, October 12 – March 8. Questions– call Kim: 781-545-2952. To reserve a space in this class, call 781-545-8722. Class held at <b>SCITUATE LIBRARY Community Room</b> .
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### EXERCISE & WELLNESS CLASSES—DAYTIME WEEKLY & BI-WEEKLY CLASSES

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB			9:45 Men's Yoga	HCB	10:30 Multig Yoga Monthly	LIBR	9:45 Chair Yoga	HCB
9:30 Joint Efforts	SC			9:15 Zumba Gold	TBA	(2nd Thurs)		9:30 Joint Efforts	SC
11:15 Balance 4Life	HCB			9:45 Chair Yoga	HCB	11:15 Balance 4Life	HCB		
		1:30 Tai Chi	HCB	12:30 Bal- ance for Life	HCB			Trail Walk will resume in Spring	
HCB = Harbor Community Building @ 44 Jericho Rd / SC= Senior Center									

**Floor Yoga:** Anne/Elizabeth, \$10/12 Chair Yoga: w/ Anne/Elizabeth, \$5;  
**Men's Yoga:** Anne, \$10/12.


**Zumba:** Dance Exercise– fun & fitness, Pasqualina, \$5  
**NO CLASS on NOV 8.**

**Balance For Life:** Stretch, strengthen & tone with Sue! Lots of fun!  
Fee increase to \$5 per class; \$8/2 classes; \$10/3 classes per week only\*

**Joint Efforts:** Phyllis/Ann-Marie: Increase to \$3; \$5/2 classes per week\*

**Cardio:** Chris, \$4. \*We apologize for fee increases—Our grant funding has ended!

**Tai Chi:** Improve balance with this 24  
week program. Can begin every 8 weeks.  
Call 545-8722, x15 for Week 1 start date.  
Linda; \$2 donation appreciated.

<b>Bowling League</b> <b>TUESDAYS</b> 9:30-11:30 AM <b>Satuit Bowlaway, Cole Pkwy</b> Join for \$5 which includes End of Season Banquet; \$10/wk for lanes & shoes.	<b>Pickleball @ Jenkins School</b> <b>Mondays &amp; Wednesdays, 4:00-6:00 PM</b> Doubles; four courts; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available. Help with setup/cleanup. <i>This is a volunteer-led Senior Center program.</i>	<b>Badminton</b> Wednesdays, 6:00PM @ Jenkins School Drop-in! <b>All are welcome!</b>	<b>SPORT</b>  <b>Games</b>
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#### BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

**Mah Jong—TUESDAYS @ 10:30-12:30** This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

**Scrabble & Cribbage—TUESDAYS @ 1:00-2:30PM**

#### Intergenerational Pickle Ball Games

Pickle Ball players invited for friendly play with Scituate High School students on **FRIDAY, NOVEMBER 17 at 1:30-2:30 pm** The Council on Aging and SHS students are teaming up for some friendly pickle ball games. Refreshments after from the S.H.S. Foods Classes. Please sign up at Pickle Ball or call Linda 545-8722, x15 by Wednesday, NOV.15 at the latest to reserve a spot. Max. 20 players. Hope you can join us!

CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066

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Meetings for the **Council on Aging Board** are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: Nov 9 & Dec 14 at 5:30 pm.

#### **WE ARE ON-LINE TOO!**

You can read this newsletter on-line  
BEFORE it comes in the mail.

Go to: Town website at [scituatema.gov](http://scituatema.gov);  
**Department-Council on Aging**, and  
**Newsletters**.

ALSO, [www.ourseniorcenter.com](http://www.ourseniorcenter.com)  
*Find: Scituate Council on Aging*. You  
can sign up with your e-mail and receive  
notice when it is published (well before  
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*friends!*

Follow us on Twitter: [@ScituateCOA](https://twitter.com/ScituateCOA).



Upcoming FOSS Fundraising Event:  
**Christmas Fair @ St. Mary's Hall—**  
**December 2, 9am-2pm**

All events support the Senior Center Building Fund

Consider joining the **Friends of Scituate Seniors** to lend your support to fundraising efforts for a new Senior Center. \$5/annual membership

The Friends' volunteer, 501(c)(3) non-profit organization is established to **raise funds for a new Scituate Senior Center** and to **assist the Scituate Council on Aging with financial support** for programs, material needs and events.

The events they sponsor champion the work of the Senior Center and together with the COA help to create new supporters in the community. Please send your name, address, phone and email address to FOSS at P.O. Box 75 Scituate, MA 02060.